

Calories, cookies and carrots: nutrition for kids

By Gabrielle Maston



Calories, cookies and carrots: nutrition for kids is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to develop strategies to tackle common areas of nutrition in paediatric clients. The information covered in the course will help Fitness Professionals maximise the performance of their clients.

Calories, cookies and carrots: nutrition for kids explores:

- The importance of nutrition in the growth & development of children
- Nutritional needs from infancy to late childhood
- Breastfeeding benefits over formula feeding
- Dealing with food refusal and how to overcome the issue
- How to calculate BMI & interpret values in children
- Managing exercise and rehydration
- Identifying when children need to be referred to specialized practitioners
- Causes, physical and psychological implication of childhood obesity

Upon successful completion, course participants will:

- Understand the nutritional requirements for children at different stages of growth from 0-12yrs
- Be able to advise on how to develop good eating behaviours in children
- Have strategies on how to manage fussy eaters
- Understand how to use a child's age, weight and height to locate where they sit on the percentile growth chart
- Have 5 specific tips to encourage a varied diet for adequate intake of essential nutrients in amounts needed for growth and development
- Be able to advise on how to read nutritional labels to pick appropriate snacks
- Be able to construct healthy eating plans for children according to national recommendations and guidelines

Course Creator Bio

Gabrielle Maston B AppSc(EXSS) and Bsc (Nutr)(Honours in Clinical Nutrition Dietetics)

Gabrielle is the primary owner and dietitian at Changing Shape Diet and Exercise specialist. She is also a regular contributor to Oxygen women's fitness magazine, fitness first magazine and weight watchers.